

Montessori Garden

EARLY LEARNING CENTRE

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast
Morning Tea

Continental Breakfast
Toast, Yogurt, Fruit,
Assorted Cereal

Porridge, Fruit &
Assorted Cereal

Continental Breakfast
Toast, Yogurt, Fruit,
Assorted Cereal

Porridge, Fruit &
Assorted Cereal

Continental Breakfast
Toast, Yogurt, Fruit,
Assorted Cereal

Fruit & Vegetable Platter
Yoghurt

Fruit & Vegetable Platter
Vanilla & Coconut
Custard w/ Stewed Fruit

Fruit & Vegetable Platter
Beetroot Hummus &
Crackers

Fruit & Vegetable Platter
Yoghurt

Fruit & Vegetable Platter
Anitipasto Platter w/
Toasted Pita Bread



Lunch

Mushroom, Pumpkin,
Sage, Quinoa & Pearl
Barley Risotto
Italian
Glass of Milk

Chilli Con Carne w/
Polenta
Spanish
Glass of Milk

Potato, Corn and Leek
Chowder w/ Crusty
Bread
English
Glass of Milk

Beef Rendang w/ Brown
Rice
Indian
Glass of Milk

Teriyaki Chicken Stir Fry
w/ Noodles
Japanese
Glass of Milk

Afternoon Tea

Fruit & Vegetable Platter
Cajun Roasted Capsicum
Dip w/ Toasted Pita
Bread

Fruit & Vegetable Platter
Tomato & Zucchini Slice

Fruit & Vegetable Platter
Pizza Scrolls

Fruit & Vegetable Platter
Chocolate, Banana &
Zucchini Bread

Fruit & Vegetable Platter
Pear & Custard Tea Cake